

JULY/AUGUST 1994

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USA GYMNASTICS

USA SWISS 1994
HILTON CHALLENGE

THREE TIPS TACKLES FIRST
TEAM INTERNATIONAL EVENT

BART CONNER AND
KATHY JOHNSON GIVE
BROADCAST CANCER TIPS

LEVINSON AND LACUESTA
LEAP TO THE TOP AT
RHYTHMIC NATIONAL
CHAMPIONSHIPS

LARRY TAYLOR SETS SIGHTS
ON SUCCESS

ONE OF A KIND
PUMP UP MILLER

BART CONNER AND KATHY JOHNSON MILE-HIGH

FEATURES ON IVAN
AND SHANNON INSIDE

WORLD CHAMPIONS
MILLER WINS
SECOND WORLD
ALL-AROUND
TITLE



Shannon Miller



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JULY/AUGUST 1994 • VOLUME 23 • NUMBER 4

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Miller is the most decorated American gymnast winning five Olympic medals and seven World Championships medals. And she's still going strong!

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The USA men and women defeated the teams from Belarus and China. Also, USA athletes tell how they overcome nervous feelings while competing at events like the Hilton Challenge.

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Shannon Miller and Paul O'Neill won medals for the USA. Miller is the only American in history to win two World All-Around titles and O'Neill is the first USA male gymnast to earn a medal at World Championships in 15 years.

IVAN IVANKOV

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He may look a little like Vasily Scherbo, but Ivankov is definitely his own person. Watch out for Ivankov because he's on a roll! "Becoming the World Champion did not change my focus on gymnastics, but it changed my life," comments Ivankov.



LAURI ILLY

44

After eight years in rhythmic gymnastics, Illy captured a spot on the Junior National Team!

PAUL O'NEILL

45

Definitely one of a kind, O'Neill focuses his training on rings. "I like to compete—it's such a rush."



Left: Ivan Ivankov

Above: Shannon Miller

Right: Tamara Levstova

COVER PHOTO BY ANDY HANCOCK AND SHANNON MILLER AND IVANKOV: BY MARK BLISS

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Anna F. O'Neil (USA), Jen Hunter (USA),
Alexa Fong (USA)

WORLD



In 1994, the World Gymnastics Championships took place April 19-30 in Brisbane, Australia. It was a very successful trip for USA Gymnastics. The USA won a total of three medals—Shannon Miller won her second World All-Around title and also the beam title, and Paul O'Neill won the silver medal on rings.

Miller is the only American in history to win two World Championships all-around titles and only the fourth female gymnast in the history of the sport. It's also the first time she's won a gold medal in her World Championships competition.

O'Neill's silver medal on rings is the first medal won for USA men in World Championships competition in 15

years—the last medals earned were from the 1979 World Championships.

WOMEN'S PRELIMINARY SESSION

The competition began with a preliminary qualifying session for the individual event finals. Miller and Daves competed in all the events, Fontaine competed vault and Borden competed bars, beam and floor. The top eight in each event, with a limit of two per country, advanced to the finals.

On vault, Miller finished fourth with 9.706, Fontaine 11th with 9.60 and Daves 15th with 9.575.

On bars, Borden and Daves tied for 15th with a 9.725 and Miller was ninth with 9.637.

Daves led the competition on beam with a 9.837, followed by Miller with 9.823 and Borden was 11th with 9.55.

Daves and Miller were ranked second and third on floor after preliminaries and Borden was 29th (9.475) due to a fall on her Arabian double front.

CHAMPION

BYRON ROSS FOR USA

Shannon Miller (USA)
Paul O'Neill (USA)
Alexa Fong (USA)



From left: Dana DeBussche (USA), Doreen Miller (GBR),
Gretchen Moschetti (USA)

WOMEN'S EVENT FINALS

Miller scored a 9.625 on her first vault but fell on her second, a half-on, half-off front layout, to average 9.543 for seventh.

"I wish I could have done better on my second vault," said Miller. "It's the first time trying it in competition."

"We're disappointed," said Steve Nunn. "If she would have hit the vault she would have won."

Borden took an unexpected fall on her Tsukahara on bars and scored 9.05, while Dawes hit a clean set, 9.775, for fourth place.

Coach Kelli Hill said, "The judges started her [Dawes'] routine from a 9.50 start value and it should have been a 10.0. One more tenth and she would have tied for third place medal."

Miller won the beam title with a 9.875, while teammate Dawes scored 9.65 for sixth place.

Coach Hill said, "Dana's beam was a little tentative today."

Peggy Ledwith said, "It was the best beam routine I've seen

Shannon do since we arrived in Brisbane. She's been training hard and we both felt good about it."

On floor, Miller scored a 9.687 for fourth and Dawes a 9.662 for sixth.

Coach Hill said, "Dana's floor was a pretty nice set. She just stepped out of bounds on her tumbling."

WOMEN'S ALL-AROUND

Fontaine, Dawes and Miller (in that order) competed in the all-around finals. There were no qualifications to the all-around finals, each country could compete up to three gymnasts.

The USA gymnasts provided a great deal of excitement in the competition unfolded. In the end, Miller took first with 39.274, Dawes fifth with 38.968 and Fontaine 17th with 37.667.

(Continued on page 22)

Right: Lashon Fontaine (USA)



Fontaine submitted her bar dismount (back with a half front split); Miller submitted her vault (half-on, half-off front layout) and a bar skill; and Dawes and Borden submitted a hoop on beam to the FIG Women's Technical Committee. The committee will decide if the skills will be named after the gymnast.

From: Doreen Miller (GBR)

Right: Fontaine (USA)



ONSHIPS

Send your question to: **ASK Gymnastics**, Ask Mary Lou, Box 40000, Dallas, TX 75240, or **ASKGymnastics**, 18-0235.

Dear Mary Lou,

Worry prevents sleep with activities like handstands? If you were how did you choose between the activities and gymnastics?

*Julie Shustell
Minnetonka, Minnesota*

Dear Julie,

From age seven to 12, I participated in gymnastics, swimming, track and field, chess and cheerleading. At 12, I told my parents I only wanted to do gymnastics because that was what I loved the most. I was very lucky that my parents left the choice to me. I think if I guess that you are afraid of your activities, there should be enough time for all your hobbies. If you have to choose one or the other, think about it and tell it over with your parents and friends. Realize which activity is more important to you.

Dear Mary Lou,

I'm 13 years old and I started gymnastics when I was 10. How did some you when you started gymnastics? How many years did you train to be in the Olympics? Do you still do gymnastics?

*Ernest Hoffman
Carmichael, California*

Dear Ernest,

I started gymnastics when I was seven years old. At 16 I was the all-arounder at the '84 Games. So, I was in gymnastics for nine years before I was in the Olympics. Yes, I still do gymnastics. I don't

compete anymore, but I still perform in shows and exhibitions. I've been an exhibitor since I was 10. I start working out of the gymnastics gym about an hour or two months before the show.

Dear Mary Lou,

I'm seven years old and I saw you in an episode of Baywatch. You were great! What was it like being an actress in a television series?

*Christina Martin
Indianapolis, Indiana*

Dear Christina,

It was a blast doing Baywatch! It took us a week to tape the show and the whole cast was so nice. I'm also in the movie "Water" due 11/12. I really enjoy acting and would like to do more of it in the future.



Dear Mary Lou,

I'm 14 1/2 years old and 11 years old I'm a Level 5 gymnast at Northern Illinois Academy of Gymnastics. I have problems understanding why it is that something I can do to help the problem?

*Sean Henry
Spartanburg, Illinois*

Dear Sean,

Try to keep control of your body position. When you arch your back, that can mean weak stomach muscles. I'd suggest doing some extra stomach exercises during conditioning. Work hard to strengthen your abdominal muscles as they are strong and able to help keep your body straight.

Dear Mary Lou,

I'm nine years old and a Level 5 team participant. I know I am overweight. I've tried everything, but I just

can't lose weight. Was there ever a time when your weight affected your gymnastics?

*Consueled
Berlin, Virginia*

Dear Consueled,

At 4'7" I have always had to watch my weight. If I don't watch what I eat, I put on weight as very easily. I suggest you eat less fat, high carbohydrate foods. Stay away from oil, butter, cream cheese, and high fat salad dressings. Stick with bread, jam (better on the bread), pasta, ground chicken and turkey, steamed veggies, and fruit. Please don't ever try to starve yourself. That doesn't work! Eat, but be sensible!

Dear Mary Lou,

I'm 11 years old. My competing season is over and I'm going to be a Level 7 into next year. My parents and all of my best friends may keep me from being very busy that I don't know unless I look at the tape. My coaches say that I'm jumping my legs. What should I do?

*Brian Francis
Tempe, Arizona*

Dear Brian,

Remember your toes are in. Keeping your legs is one of the hardest things to learn, especially when you don't feel that you're keeping them. My only advice is to listen to your coaches and be extremely aware of keeping your legs straight. Once you are jumping your legs are back, it may help to use more of your upper body strength to get you forward, instead of using your legs.

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Kim Zmeskal



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IVAN IVANKOV

By Benjamin Robinson

meet the WORLD champion

IVAN IVANKOV

from Belarus may look a little like Vitely Scherbo, and they are good friends. But Ivankov is definitely his own person, and that person is on a roll. Shortly after being crowned the 1994 World Champion in Brisbane, Australia, Ivankov traveled to the United States and captured the 1994 Hylton Challenge all-around title. USA Gymnastics caught up with Ivankov at the event and got to know him a little better. Here's what he had to say:

Has your life changed along with becoming the World Champion? "Becoming the World Champion did not change my focus on gymnastics, but it changed my life because more people want to do interviews and get my autograph."

Did you enjoy Australia? "Yes, it is a beautiful country, very clean, and the people are very friendly."

Did you get into any night-owl-type Australia? "Yes, I saw koalas and kangaroos and got my photo with a koala. I also went swimming in the ocean which was beautiful."

Are you and teammate Vitely Scherbo friends? "Yes, we are good friends. He is very funny; he cracks me up."

Do you model yourself after Scherbo? "No, I want to be myself, a different person than Vitely. In life we're friends, but in gymnastics, competition has to come first."

1994 Hylton Challenge, Phoenix, Ariz.; 4th AA, 3rd Team

1994 World Gymnastics Championships, Brisbane, Australia; 4th AA, 2nd UB, 4th E, 7th FB

1994 World Gymnastics Championships, Birmingham, Great Britain; 4th AA, 3rd UB, 5th FB

1993 Soviet International, Odesa, Ukraine; 2nd AA

1993 Hylton Challenge, Los Angeles, Calif.; 1st Team, 3rd AA

Nickname: Minsk Belarus
Birth Date: April 10, 1975
Age: 19
Height: 5' 3 1/2"
Weight: 120 lbs.
Club: Minsk Olympic Reserve School
Coaches: Victor Belikov, Vladimir Votkin
Hobbies: Fishing and listening to pop music
Began Gymnastics: 1981



AFTER-EXERCISE REPLENISHMENT

By Don Scumacher, PhD, RD, LD

National Team Nutritionist and
Director, Laboratory for Elite Athlete Performance,
Georgia State University

Kyre Miller, BS

Graduate Research Assistant, Laboratory for Elite
Athlete Performance, Georgia State University



The body has a limited capacity to store the type of energy it needs most for gymnastic activity. This energy (glycogen, a storage form of carbohydrate) can easily run out, causing the body to look elsewhere for fuel. All too often, this fuel ends up coming from the muscles themselves. This could reduce, rather than increase, the strength and size of muscles as a result of intensive exercise.

Gymnasts, by the very nature of their training, deplete energy stores after long hours of training in the gym. Unless the body's energy stores are adequately replenished, muscle will be used as a source of energy the next time the gymnast trains. Since training should increase muscular strength and endurance, burning muscle as an energy source conflicts with this training goal. Luckily, muscles are very receptive to replacing stored muscle energy (glycogen)





within the first one or two hours after exercise because of a high level of circulating enzyme (glycogen synthetase). For those gymnasts who work out on consecutive days or who have multi-day consecutive competitions, replenishing energy stores immediately after exercise is a good strategy for insuring an optimal energy level on the following day and insuring that muscles are preserved.

Ideally, the gymnast should consume 200 to 400 calories from carbohydrates immediately following activity, and then an additional 200 to 300 calories from carbohydrates within the next several hours. The amount consumed is related to the intensity and length of exercise, and the size of the gymnast. For those athletes who have difficulty eating food immediately following exhaustive exercise, high-carbohydrate liquid supplements seem to work well. These liquid supplements also have the added benefit of providing some needed fluids.

The chart at left lists examples of some high carbohydrate foods.

Giving your muscles the energy they need helps to ensure your muscles will develop strength during training, rather than be burned as a result of training.



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RHYTHMIC GYMNASTICS USA ACADEMIC TEAM

Based on the monthly reports of all grade reports, the following gymnasts were named to the USA Rhythmic Gymnastics Team at the Awards Banquet held Saturday, May 7 at the Long Island Marriott Hotel.

4.0 Grade Point Average

Kate Krutner
Natalie Lacounte
Natalia Loginsky
Emca Lutz
Kate Nelson
Chao Pham
Dana Quinn
Kathy Scharringhausen
Christi Tracy
Sally Ward
Kerstin Weber

3.7+ Grade Point Average

Alicia Alb
Jennifer Baker
Allison Brooks
Tracy Halloran
Audrey Hunt
Laurin King
Misty McElroy
Bernice Smith
Sara Steber
Melanie Stock

TWO WORLD CHAMPIONS ELECTED TO GYMNASTICS HALL OF FAME

Judy Wells Cline and Dorey Mullman, World Trampoline Champions from 1964, were elected to the Gymnastics Hall of Fame on April 21, 1994 in Lincoln, Neb.

Also inducted were Don Holder and John Dwyer along with four posthumous elections which included Paul Krumel, Otto Steffen, Joseph Chay and Rudy Hrusackey.



CHARI KNIGHT RECEIVES AWARD

Former USA National Team Member and current Oregon State gymnast Chari Knight received the American Award at the 1994 NCAA Championships in Salt Lake City, Utah, April 23.

The award is presented to the outstanding senior gymnast, based on athletic success, academics, leadership and sportsmanship.

Knight, a seven-time All-American, advanced to NCAA individual finals on both beam and floor her senior year. She was named Pac-10 Gymnast of the Year for the second time and has scored a perfect 10.0 eight times in her collegiate career. Knight was a member of the 1991 World University Games team and won bronze medals on bars and in the all-around.

Academically, Knight is a GFE/CoSIDA Academic All-American and has a 3.58 grade point average. Academic All-American, Knight is a member of the Phi Kappa Phi Honor Society, the '93-'94 Mortar Board and among the Dean's List at OSU.

CONNIE ISRAEL NAMED VICE PRESIDENT-1994 GOODWILL GAMES

Connie Israel has been named Vice President of International Operations for the 1994 Goodwill Games. Israel was the operations manager for the U.S. Gymnastics Federation and also was the Vice President of Administration for the 1993 World Gymnastics Championships in Indianapolis, Ind. She has held numerous other related positions including the 1984 Olympic Games and many Olympic Festivals.

Congratulations Connie!



Look for more
Gymnastics Update
information on page 101

Where do dreams of a future berth on the U.S. Olympic team start?

Thanks to the Imperial Palace Hotel & Casino, they will begin to be transformed into reality this July 31 through August 7 in Las Vegas, when top-ranked gymnasts from around the nation assemble for the Olympic Development Program Junior National Team Camp.

Chairs went up from the gymnastics community when it was announced that the Imperial Palace had agreed to sponsor the training camp which had been canceled due to a policy change at the Olympic Training Center this summer. The management of the Imperial Palace, already honored nationally for its work in supporting the disabled, did not hesitate to throw its considerable resources and support behind these athletes.

The Olympic Development Program annually selects its national ranking for gymnasts in the 10-11 age group. This program, designed and supervised by the Junior National Coaching Staff and Technical Director Hideo Moriguchi, has been effective in setting the standard which produces future U.S. Olympians.

Many of the recent Olympic gymnasts' first National Team experience was through this program and certainly some of the athletes who will attend this summer's camp will go on to be future Senior National Team Members, representing the USA in international competition.

"The loss of this program would have been a devastating disappointment to the many young gymnasts and coaches around the country who trained hard to make the team," said Dusty Rittor, USA Junior National Staff Coach, who will direct the camp, at the Flyers Gymnastics Training Center. "The generosity

of the Imperial Palace in saving the camp was great news to the USA Men's Program and junior athletes all over the country."

The Imperial Palace will donate all of the rooms and meals necessary to house the athletes, staff and personal coaches throughout the week. In addition, the hotel will make available many of the other exciting amenities to support the athletes, such as the world-famous Imperial Palace Antique and Classic Auto Collection, and "Legends in Concert" production show. Fletcher Jones Family of Car Dealerships will assist with transportation of the athletes

"The generosity of the Imperial Palace in saving the camp was great news to the USA Men's Program and junior athletes all over the country."

Coach Rittor, who has worked with this camp for several years at the Olympic Training Center and also produced Olympian Scott Kewick from Las Vegas, is quick to point out that Las Vegas has become one of the premier family destinations in recent years, with many attractions for children.

"From any discussion with many of the coaches on the staff, we have always felt that this camp was the most important one we offer in terms of the impact that it has on the athletes' goals, understanding, and future aspirations," said Rittor.



If you would like to ask Kim Zmeskal a question, write to: MIA Organization, Chalk Talk, P.O. American Plaza, 201 S. Capital Ave., Suite 200, Indianapolis, IN 46225.

Did you know? Kim Zmeskal announced that she is coming back to competition and bringing Kim Kardy out of retirement to help her achieve her goals. Good luck, Kim! Congratulations to Kim for graduating from Westfield High School in June 01!

Dear Kim,
I haven't seen you in any meets lately and I was wondering what you've been up to. What are your plans for the future?

Deb Linker,
My last competition was the 1992 Olympic. Since then, I returned to public high school and spent many weekends doing exhibitions and clinics. I've produced some and, like my classmates, I will be starting some part-time jobs. College will still be a part of my immediate future. However, the Kardy's and I have decided to return to elite competition.

Dear Kim,
I know that you have worked long hours and worked very hard. How close a goal to achieve what you have

worked so hard for? Also, did you ever get tired at one of your trainings?

Stacyan (Stacy)
Cedric Adams
Dear Stacyan,
Achieving my goals has always made the hard work and long hours pay off. But still in the process without a good effort. I like the challenge gymnastics offers and it's always nice to get good results from it. I've avoided a major falling out with most of my teammates. We are close and have parties and at each other, but the matter has never been a problem.

Dear Kim,
What and how did you get started in gymnastics? When did you know that you wanted to be an Olympian?

Jennifer Lutz
Cincinnati, New Hampshire

Dear Jennifer,
When I was five years old, I had to go in the gym to watch my father's daughter. When she was taking classes, I begged my mom to let me enroll. Jean Mary Lee Ritten came to Kardy's. I really looked up to her. When she was the all-around gold medalist during the 1994 Olympics, my dream to become an Olympic began.

Dear Kim,
I am 12 years old and I level 5 gym now. I am a very big fan of yours. I want to try to make the Olympic team when I grow up, but I'm not sure I want to put in all the hard work. I'm also not sure I have enough skill. How much did you have to train and how did you feel putting in all that work?

Donna Johnson
Detroit, Indiana

Kim Zmeskal was three consecutive U.S. Championships All-Around, the World Championships All-Around and contributed to the U.S.'s bronze medal in the team competition at the 1992 Olympic Games.

Dear Kim,
As I was preparing for the Olympics I trained about seven hours per day. I did take a lot of work to reach this goal, but I definitely believe that the benefits outweigh any of the negative factors. Go for your dream of being an Olympian, but make certain that you don't lose the love for the sport. Gymnastics is fun so whether what level you compete.

Dear Kim,
I am 12 years old and I level 4. You are my favorite gymnast and I watch working you on television at the 1998 Olympic Games. I was wondering if you have any tips for me on any fall turns or beams? I'm not able to finish a without a really big mistake.

Rebekah Hatcher
Chillicothe, Missouri

Dear Rebekah,
First of all, make the routines skills to perform, mostly because gymnasts tend to pay little attention to them. One of the most common mistakes on fall turns are not keeping your legs apart, or at the same level, and not using your back. I have heard it very beneficial to practice balancing in your own position a few times before performing the skill.

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MICHELLE CAMPI OPTIMISTIC FOR THE FUTURE



As many of you gymnastics family members may have heard, 1992 Olympian Michelle Campi was injured at her gym in Sacramento in late March. As you can see from the photos, she's doing great.

When asked about the injury Campi said, "I was doing my optional bar mount, an uprise, and it was my fourth, and last, routine of the day. I piked off and landed on my back. I've done the same thing before, but this time I landed rope on my shoulders. We (Rick Newman) didn't think it was anything bad but, when I got up, it hurt more than usual."

Campi fractured three vertebrae and dislocated one. The doctors did surgery to stabilize the vertebrae in her back. "I was in a brace

for two months and now I have a removable brace," said Campi.

Campi has remained positive throughout. She truly is an inspiration for our sport. She continues to workout on a stationary bicycle and lift weights.

"I'm trying to stay strong and in shape," said Campi.

As for the future, Campi will have another surgery in December to remove the rod that's in her back. "My doctor thinks that six to eight weeks after the surgery I can go back into gymnastics," said Campi. "I'm going to start training slow and if everything's going well I'll try for 1996. I'd also like to get a college scholarship."

Coach Rick Newman said, "Michelle is a very special person and athlete. She is both intelligent and artistic. She is optimistic and resilient and will always respond positively to life's opportunities."

books

THE INNER ATHLETE: REALIZING YOUR FULLEST POTENTIAL



Dan Millman, a former world trampoline champion and international gymnastics competitor, is the acclaimed author of the newly-released book, *The Inner Athlete: Realizing Your Fullest Potential*. Millman, who recently was inducted into the USA Gymnastics Hall of Fame, demonstrates the useful techniques that each of us can use to improve our gymnastics routines as well as other athletic skills. Millman's book provides specific tips to help you reduce stress, increase energy to aid performance, promote strength and endurance and avoid sports injuries.

"Any athlete eventually comes to understand that physical training is only part of the picture," said Millman. "Whether in practice or competition our mind and emotions are what form the cutting edge of champions."

The Inner Athlete: Realizing Your Fullest Potential is available through the USA Gymnastics Merchandise Department. Use the USA Gymnastics merchandise order form found on page 7, item #3643 at \$21.95 each. If you have questions call 317-237-9360.

FOR YOUR INFORMATION

SEPTEMBER/OCTOBER USA GYMNASTICS

The September/October issue of *USA Gymnastics* magazine will be mailed in October so that we can include coverage of the Coca-Cola National Gymnastics Championships (August 24-27). Although the issue will arrive at you a little later than normal, you'll read up-to-date coverage of Championships!

CORRECTIONS

Due to technical problems, portions of Svetlana Bogutskaya's article were missing in the May/June issue. Corrections are listed below.

Page 48

...by this time the magazine goes to press I hope to be doing!

Page 49

...wonderful person my family and I have now met. She has become a part of our family."

...do you get a little older, you must work really hard. But need of all have fun!"

(Dates & Events Subject to Change as Confirmed)

JULY

- 1-10 U.S. Olympic Festival (M/W/F)
 3 Broadmoor U.S. Olympic Festival (M/W/F)
 6-9 Puerto Rico International Gymnastics Cup (M/W)
 9 Broadmoor U.S. Olympic Festival (M/W/F)
 10 Broadmoor U.S. Olympic Festival (M/W/F)
 14-17 Carlsbad Workshops
 15-17 2nd Elite Acropolis (W)
 23-Aug 7 Goodwill Games (M/W/F)
 2 Aug 7 In-school Goodwill Games (M/W/F)
 23-Aug 7 In-school Goodwill Games (M/W/F)
 23-25 National Gymnastics Festival (His W)
 29-31 State Champion Meet (W)
 31-Aug 4 Leachon Workshop (M/W)

- 31 Louis MO
 03/05/14 pm EST
 San Jose, PR
 03/04/4 pm EST
 03/05/4 pm EST
 Sunday, OH
 Victoria Site
 31 Palmdale, CA
 03/04/4 pm EST
 03/05/4 pm EST
 ABC/10 San RA
 Colorado Springs, CO
 Indianapolis, IN
 Woodward, PA

AUGUST

- 4-7 U.S. Olympic Nationals (W)
 10-20 Commonwealth Games (M/W)
 20 Broadmoor Hilton Challenge (M/W)
 24-27 Coca-Cola Star II Championships (M/W)
 24-27 USA Gymnastics National Congress
 27 Broadmoor World Championships (M/W)
 28 Broadmoor World Championships (M/W)
 29 Sep 3 XX Olympic Congress

- Palm Springs, CA
 Victoria, B.C., CAN
 ABC/10/20/4 pm EST
 Nashville, TN
 Nashville, TN
 ABC/10/11 pm EST
 ABC/10/11 pm EST
 Paris, FR

SEPTEMBER

- 10-11 Golden Sands (M/W)
 20-24 Pan Am Gymnastics Cup (M/W/F)
 27 Oct 2 U.S. National Training (W)

- Berlin, BR
 Montreal, AZ
 USA

OCTOBER

- 2-16 Alexei Koron (M/W)
 4-7 ANYTHING WORLD CHAMPIONSHIPS (F)
 15-16 World Championships Team Trials (W)
 29-30 USA Gymnastics
 18A Myklos International Invitational (F)

- Brookline, TN
 PAFK, USA
 Richmond, VA
 Palm Springs, CA
 USA

NOVEMBER

- 9-12 Olympic Congress of the USA
 11-20 U.S. WORLD CHAMPIONSHIPS (M/W)
 18A Chinese Cup (M/W)
 18A Chinese Cup (W)

- Brookline, TN, USA
 COLEMAN, CA
 Rogers City, TN
 Calicut, IN

DECEMBER

- 1-4 U.S. Training Camp (W)
 15-20 Pacific Alliance Championships (M/W)
 18A U.S. Trials (M/W)

- Tokyo, OH
 Auckland, NZ
 Stuttgart, GER

JANUARY 1995

- 5-7 First Site Regional (W)
 27-29 Second Site Regional (W)
 18A Russia's World Gymnastics Cup

- Vancouver Sites
 Vancouver Sites
 Portland, OR

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RESULTS

1994 World Gymnastic Championships BRISBANE, AUSTRALIA • APRIL 18-24

WOMEN'S ALL-AROUND FINALS

#	Name	Country	FF	BB	HT	EE	SA
1	Shannon Miller	USA	9.910	9.950	9.981	9.950	39.891
2	Leslie McDonald	GBR	9.910	9.975	9.957	9.971	39.813
3	Ellie Simmonds	GBR	9.925	9.925	9.971	9.980	39.801
4	Kim Zmeskal	USA	9.937	9.975	9.961	9.987	39.860
5	Christine Thomas	GBR	9.926	9.950	9.981	9.980	39.837
6	Ellie Simmonds	GBR	9.970	9.947	9.959	9.971	39.847
7	Kim Zmeskal	USA	9.957	9.980	9.947	9.979	39.863
8	Kim Zmeskal	USA	9.991	9.970	9.981	9.973	39.925
9	Shannon Miller	USA	9.980	9.975	9.947	9.979	39.881
10	Ellie Simmonds	GBR	9.982	9.960	9.971	9.980	39.913
11	Kim Zmeskal	USA	9.989	9.987	9.981	9.980	39.947
12	Ellie Simmonds	GBR	9.982	9.975	9.980	9.987	39.925
13	Ellie Simmonds	GBR	9.989	9.987	9.981	9.980	39.913
14	Christine Thomas	GBR	9.982	9.980	9.987	9.979	39.913
15	Leslie McDonald	GBR	9.977	9.975	9.980	9.979	39.913
16	Kim Zmeskal	USA	9.976	9.970	9.981	9.979	39.913
17	Christine Thomas	GBR	9.980	9.980	9.981	9.979	39.913
18	Christine Thomas	GBR	9.980	9.980	9.981	9.979	39.913
19	Christine Thomas	GBR	9.980	9.980	9.981	9.979	39.913
20	Christine Thomas	GBR	9.980	9.980	9.981	9.979	39.913
21	Christine Thomas	GBR	9.980	9.980	9.981	9.979	39.913
22	Christine Thomas	GBR	9.980	9.980	9.981	9.979	39.913
23	Christine Thomas	GBR	9.980	9.980	9.981	9.979	39.913
24	Christine Thomas	GBR	9.980	9.980	9.981	9.979	39.913
25	Christine Thomas	GBR	9.980	9.980	9.981	9.979	39.913

WOMEN'S EVENT FINALS

FAULT

1. Kim Zmeskal	9.981
2. Shannon Miller	9.980
3. Leslee McDonald	9.975
4. Christine Thomas	9.971
5. Kim Zmeskal	9.970
6. Kim Zmeskal	9.967
7. Shannon Miller	9.960
8. Christine Thomas	9.957

BEAM

1. Shannon Miller	9.975
2. Kim Zmeskal	9.971
3. Christine Thomas	9.970
4. Kim Zmeskal	9.967
5. Kim Zmeskal	9.960
6. Christine Thomas	9.957
7. Kim Zmeskal	9.950
8. Christine Thomas	9.947

BAR

1. Kim Zmeskal	9.981
2. Shannon Miller	9.980
3. Christine Thomas	9.975
4. Christine Thomas	9.971
5. Kim Zmeskal	9.970
6. Christine Thomas	9.967
7. Shannon Miller	9.960
8. Christine Thomas	9.957

FLOOR

1. Shannon Miller	9.981
2. Christine Thomas	9.975
3. Kim Zmeskal	9.971
4. Christine Thomas	9.970
5. Kim Zmeskal	9.967
6. Christine Thomas	9.960
7. Kim Zmeskal	9.957
8. Christine Thomas	9.950

MEN'S ALL-AROUND FINALS

#	Name	Country	FF	BB	HT	EE	SA
1	Shannon Miller	USA	9.980	9.980	9.980	9.980	39.920
2	Shannon Miller	USA	9.980	9.980	9.980	9.980	39.920
3	Shannon Miller	USA	9.980	9.980	9.980	9.980	39.920
4	Shannon Miller	USA	9.980	9.980	9.980	9.980	39.920
5	Shannon Miller	USA	9.980	9.980	9.980	9.980	39.920
6	Shannon Miller	USA	9.980	9.980	9.980	9.980	39.920
7	Shannon Miller	USA	9.980	9.980	9.980	9.980	39.920
8	Shannon Miller	USA	9.980	9.980	9.980	9.980	39.920
9	Shannon Miller	USA	9.980	9.980	9.980	9.980	39.920
10	Shannon Miller	USA	9.980	9.980	9.980	9.980	39.920
11	Shannon Miller	USA	9.980	9.980	9.980	9.980	39.920
12	Shannon Miller	USA	9.980	9.980	9.980	9.980	39.920
13	Shannon Miller	USA	9.980	9.980	9.980	9.980	39.920
14	Shannon Miller	USA	9.980	9.980	9.980	9.980	39.920
15	Shannon Miller	USA	9.980	9.980	9.980	9.980	39.920
16	Shannon Miller	USA	9.980	9.980	9.980	9.980	39.920
17	Shannon Miller	USA	9.980	9.980	9.980	9.980	39.920
18	Shannon Miller	USA	9.980	9.980	9.980	9.980	39.920
19	Shannon Miller	USA	9.980	9.980	9.980	9.980	39.920
20	Shannon Miller	USA	9.980	9.980	9.980	9.980	39.920
21	Shannon Miller	USA	9.980	9.980	9.980	9.980	39.920
22	Shannon Miller	USA	9.980	9.980	9.980	9.980	39.920
23	Shannon Miller	USA	9.980	9.980	9.980	9.980	39.920
24	Shannon Miller	USA	9.980	9.980	9.980	9.980	39.920
25	Shannon Miller	USA	9.980	9.980	9.980	9.980	39.920

MEN'S EVENT FINALS

FAULT

1. Kim Zmeskal	9.981
2. Shannon Miller	9.980
3. Leslee McDonald	9.975
4. Christine Thomas	9.971
5. Kim Zmeskal	9.970
6. Kim Zmeskal	9.967
7. Shannon Miller	9.960
8. Christine Thomas	9.957

FAULT

1. Kim Zmeskal	9.981
2. Shannon Miller	9.980
3. Leslee McDonald	9.975
4. Christine Thomas	9.971
5. Kim Zmeskal	9.970
6. Kim Zmeskal	9.967
7. Shannon Miller	9.960
8. Christine Thomas	9.957

POMMEL HORSE

1. Shannon Miller	9.981
2. Kim Zmeskal	9.980
3. Christine Thomas	9.975
4. Christine Thomas	9.971
5. Kim Zmeskal	9.970
6. Christine Thomas	9.967
7. Shannon Miller	9.960
8. Christine Thomas	9.957

PARALLEL BARS

1. Shannon Miller	9.981
2. Kim Zmeskal	9.980
3. Christine Thomas	9.975
4. Christine Thomas	9.971
5. Kim Zmeskal	9.970
6. Christine Thomas	9.967
7. Shannon Miller	9.960
8. Christine Thomas	9.957

STILL RINGS

1. Shannon Miller	9.981
2. Kim Zmeskal	9.980
3. Christine Thomas	9.975
4. Christine Thomas	9.971
5. Kim Zmeskal	9.970
6. Christine Thomas	9.967
7. Shannon Miller	9.960
8. Christine Thomas	9.957

HIGH BAR

1. Shannon Miller	9.981
2. Kim Zmeskal	9.980
3. Christine Thomas	9.975
4. Christine Thomas	9.971
5. Kim Zmeskal	9.970
6. Christine Thomas	9.967
7. Shannon Miller	9.960
8. Christine Thomas	9.957



Olivia Dominguez Owens (USA)
 Leticia Irujo Izquierdo (ESP)
 Oliver Hardy Scherke (GER)

(World Championships continued from page 5)

"I was real shaky on bars today," said Fontaine. "I didn't fall, but I missed my connections."

Dawson suffered a repeat performance from last year's World Championships competition when she missed a vault. She did a forward roll out of her first vault, a Yurchenko layout one-and-a-half twist. Her second vault scored a 9.263, but the average was a 9.506, which hurt her in the final rankings. Dawson

BYRON BROWN/USA TODAY

U.S. COMPETITORS

Event	U.S. Male and Female Team — U.S. Olympic Trials	U.S. World Team
Assembly Location	MetLife Gym — Cincinnati, Ohio	MetLife Gym
Selection Dates	2011 August — Indianapolis, Ind.	2011 Feb.
U.S. Practice	American Hall of Fame — Wheland, Ill.	Laurel House
Training Sites	Spartan Gym — Oklahoma City, Okla.	Steve Nunn & Pegg Leland
Club Coach	John Jay Lee — Chesapeake, N.J.	Ed Bond
Club Coach	WCD — Los Angeles, Calif.	John Parnis & Joe Storkel
Prod. Coach	Danuta Lee — Houston, N.J.	Paul O'Neill
John Fontaine	State of Wisconsin — Milwaukee, Wis.	Paul Fontaine
Rock Lake	Tennant Gym — Rockford, Ill.	Rock Lake
Colony Gymnastics	WCD — Los Angeles, Calif.	John Parnis & Joe Storkel

Special Feature
About Ivan
Ivanov On
Page 13!

Ivanov Medvedev from Greece was the silver medal on floor, making him the first gymnast from his country to medal during a World Championships competition.

Men's Preliminary Session

Wagdi, Kisevick, Roethlisberger and Humphrey each competed four events during preliminary competition, while Sohn competed pommel horse and O'Neill competed rings.

Sohn, a horse specialist, was tied for third with a 9.625.

"I'm trying not to get too excited now because there's still another meeting," said Sohn.

O'Neill, a specialist on rings, was tied for third with a 9.625.

"Getting through the first round is always scary," O'Neill said. "I know I can improve upon my performance. I took a hop on the dismount."

(Continued next page)

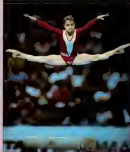
missed first place by only 306—less than half a point.

"It was like déjà vu from last year," said Coach Hill.

Miller was phenomenal. She came into the World Championships recovering from an abdominal pull, but in the end, pulled it together to win the all-around title. Last year she was neck and neck with Romania's Gina Gogonen and Dawes, and this year it was a close competition between Dawes and Romania's Larusa Medvedeva.

"Last year a team moved a lot, and this one moved even more because I came back from an injury and added new skills," said Miller.

France's Elodie Larue was injured doing a beam dismount during torch warm-ups in the preliminary session. She scratched from the competition. Fortunately, she's back in competition and finished sixth on beam at the European Championships.



Here (l to r) Igor Rodninski (URS),
Lito Paltugayev (URS), Mark Sade (USA)
Center: John Roethlisberger (USA)
Below (l to r) Amanda Barker (GBL),
Mikal Fujita (USA)

*The USA delegation
visited Russia and
Kangaroo while in
Australia.*



*(World Championships continued
from page 11)*

Umphrey was tied for fifth on high bar with a 9.52. All three advanced to event finals.

MEN'S EVENT FINALS

Soltes scored a 9.625 for sixth place on pommel horse. His coach Carl Schuer said, "The mistake on his mount cost him the gold medal. He was 1 from winning. At the 1992 World Championships Mark placed seventh, here he took sixth—a couple more years and we're going to make it."

O'Neil scored a 9.725 to win the silver medal on rings. "It feels good," said O'Neil. "I wanted to win a medal at this level, but you never know. It's an awesome feeling. You dream of hitting your coach, and when I stuck my dismount it just couldn't have felt better."

Umphrey
nearly missed
a medal on

high bar, scoring 9.437 for fourth place.

"He was flawless except for the step on the dismount," said Furman. "That step cost him a medal."

MEN'S ALL-AROUND

Umphrey competed in the first of three rounds of competition. He finished the all-around with a 54.625 in 24th place.

"I started off rough on parallel bars. High bar was not my best, but I did the best floor routine of my life. Horse and rings went well, too," said Umphrey.

Roethlisberger competed in the second round and scored 55.105 (17th place).

"I'm happy," said Roethlisberger. "I hope to stay in the top 20."

Krasnick went last for the USA and tallied a 55.275, tying for 13th all-around.

"I felt like this was the time I was going to break into the top group. I had problems on the leg events, floor and vault," said Krasnick. "I'll go back into the gym and work hard to gain consistency. A lot of my routines are new."

Coach Furman said, "He got 13th with two falls. What can you say. He should have done better."

TOP 5 A.A. FINALS

Men

#	Name	Country	All-around
1	Shannon Miller	USA	28.274
2	Devlin Kilbourne	USA	28.234
3	Dan Ekelund	USA	28.122
4	Gus Goggin	USA	28.041
5	Dimitrios Latas	USA	28.038

Women

#	Name	Country	All-around
1	Lee Iannone	USA	27.612
2	Alexa Nurgalieva	USA	24.934
3	Yvett Schick	USA	24.332
4	Valer Saldaña	USA	24.312
5	Regina Chelimo	USA	24.312

Turkey's Murat Cankaya, who finished seventh on vault and was the first gymnast from his country to make an event final in World Championships competition, was killed in a car accident shortly after his return from the event.

More Results On Page 240

World Champion Ivan Ivankov said, "I didn't expect to beat Vahdy Scherbo! To be honest I'm very, very lucky."

1993 World Champion Scherbo finished third all-around and said, "I don't know what happened today. It was bad luck."

When asked if he thought he would medal after two falls he said, "No. I didn't expect a medal, but a lot of people fell in the last rotation, and I'm a professional. I'm very glad the gold went to my teammate Ivankov."

Also fell: Regan Chelimo (USA), Valer Saldaña (USA)

Center: Scott Brundage (USA)

Also fell: Chelimo (USA), Gus Goggin (USA)

Shannon Miller is the only gymnast in the history of USA Gymnastics to win two World Championships All-Around Titles. In fact, she's only the fourth in history to accomplish such a feat and that happened 20 years ago when Ludmilla Tourischeva won the 1970 and 1974 World Championships titles.

Miller is the most decorated American gymnast winning five Olympic medals and seven World Championships medals, and she's still going strong! In fact, she plans to compete in the 1996 Olympic Games, something many female gymnasts in this day-and-age rarely do—compete in two Olympic Games.

Shannon

Fun Facts

Gymnastics heroes: Kelly Garrido because she's like Billie Jean King. Also Brandy Johnson and Mary Lou Retton.

Training Diet: I try not to eat too much junk food. My favorite food is Chinese. I'm a pretty picky eater.

Hobbies: I like to go to hockey games and movies. Hockey is really big in Oklahoma City.

Most embarrassing moment? Falling three times on beam at the 1993 World Championships during event finals.

Best friend: There are about eight of us that workout together in a group. I can't say just one!

BY MICHELLE KELLER FOR E! MAGAZINE

Gymnastics

Miller

Legend

Shannon tell us about the World Championships!

I wasn't in the best shape when I arrived in Australia but my coaches worked hard with me to get ready. [Shannon had an injury to her abdominal muscle that she was just getting over when she arrived in Australia.]

Tell us about your coaches!

Steve Numan and Peggy Laddick have stuck by me through all of my frustrations. They'll get me where I need to be. [Miller trains at Dynamo Gymnastics in Oklahoma City, Okla.]

Which win was more spectacular, the 1993 or 1994 World Championships?

Both were great, but since I was injured coming into the 1994 Worlds, this win was probably better for me. I wasn't quite as nervous going into the 1993 Worlds which worried me a little but I was scared that I was losing that feeling. I wanted to be more excited. I got the feeling back at this year's Worlds, I was very nervous competing.

What about your growth spurt, how has that affected you?

I think my growth spurt has helped me. Now I can reach the bars better on a gun and I have more power. I've grown four inches since the Olympic Games in 1992. I'm 4'11" and weigh 89 pounds. It hasn't been a detriment.

What's it like to be a high level gymnast?

I feel like I'm a pretty normal kid. Have at home, go to school, and do gymnastics. I'm at an awkward age right now because everyone at school is 16, 17, or 18 years old, while everyone at the gym is much younger. I'm right in the middle. I'm not very close to the kids at school because I'm not with them much.

What are your future goals?

Well, I'm competing in the Goodwill Games in July, and I'm committed to going all out for the 1996 Olympic Games.

What about after gymnastics?

I'll be a senior in high school next year, and then I'll probably take community college classes while training for the 1996 Games. After that, I'll go away to college. I'm leaving my options open. I can't do gymnastics at college, but I'll definitely find something challenging to do such as tours, exhibitions, etc.

What about a career?

I'm thinking about physical therapy as a career. I like math and science.

I know you work a lot with charities. In fact you just received the first Henry P. Iba Citizen Athlete Award. Which charities do you like the most?

I like the charities that deal with kids the most because I feel like the kids can identify with me more closely than with an adult. The kids' charities are most important to me.

Do you receive much mail?

Yes. In fact, we have an empty room in our house filled with mail. We've been trying to finish the room, but we don't have another place to put the mail so we can't. I try to answer as many as possible, but it's a slow process. [Keep in mind that Shannon not only does gymnastics and school, but she also travels quite a bit to make special appearances, performs at exhibitions, sign autographs, accept awards, make media appearances, etc. She certainly has a full schedule!]

Shannon thanks for taking the time to talk with USA Gymnastics and good luck in competitions to come.



John Roethlisberger

You can't get rid of the nervous feelings, you just learn how to control it and compete with it. I try to use the nervous feelings to my advantage.



Chailey Umphrey

I try to equalize the nervous feelings I get in competition while I just practice. In competition you can't get past the nervous feelings completely. Being nervous is actually a gift you can use to your advantage.

Mihail Baglu

I try to think of competitions as a normal day at work. This seems to help me deal with the nervous feelings.



Scott Keswick

I try to turn the nervous feelings into positive energy. If you use it in the right way, it could be an advantage.

White at the Hilton

Challenge, we asked how the USA athletes overcome the nervous feelings they get while competing. Here are the answers they gave!

USA SWEEPS TEAM Results on page 29! COMPETITION AT HILTON CHALLENGE



USA Women's Roster

Name	Age	Coach	Club/Location
Annika Berke	27	Mary Lee Terry	Champion Gymnastics Academy (Ill.)
Christine Davies	27	Bill Hill	Hill's Gymnastics Club (Ill.)
Gail Davis	25	The S. Ted Reed	American Telecons Prosecco Beach (Fl.)
Kate Galt	27	John H. Edwards, Graham Kim Horvath	Great Lakes Gym, Lansing (Mich.)

USA Men's Roster

Name	Age	Coach	Club/Location
Chailey Umphrey	23	Art Martello, Telen Parrott	USA (Los Angeles, Calif.)
Mihail Baglu	23	Ed Hersh, Ron Howard	Galt's Gym, Illinois (Ill.)
John Roethlisberger	20	Paul Roethlisberger	Italy of Wisconsin (Milwaukee, Wis.)
Scott Keswick	23	Art Martello, Telen Parrott	USA (Los Angeles, Calif.)

Note: The ages of the athletes were as of May 28. Dates given in italics July 29 and Roethlisberger were as of August 1.



Katie Teft

I have to be perhaps a little bit during a competition to do my best. If I'm totally relaxed I won't concentrate on my tricks as well.



Photo: Tom Proulx (USA Gymnastics)

Photo: Tom Proulx (USA Gymnastics)



The USA men and women defeated the teams from Belarus and China at the second annual Hilaris Challenge in Phoenix, Ariz. May 27-28. Dominique Dawes won the women's competition over Belarus' Elena Palcut, while Scott Kowalek gave World Champion Ivan Lushakov a tough challenge on the men's side, but, in the end, Lushakov narrowly won the title.

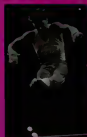


Photo: Tom Proulx (USA)

Dominique Dawes

I don't get rid of the nervousness. It comes with me while competing, but that's ok because it's good to feel a little nervous. Being nervous makes me worry about my performance and I think that's good for me.



Amanda Borden

I always feel a little nervous inside in competitions (I need just enough nervousness to do well). If there too much, or not enough, it's just good. With that you know the amount you need to succeed.



Kellie Davis

I don't ever lose the feeling of being nervous. It usually starts with me the whole time. It gets my adrenaline flowing.



SHOWIN' OFF

Photo: Tom Proulx (USA Gymnastics)

Photo: Tom Proulx (USA Gymnastics)

Photo: Tom Proulx (USA Gymnastics)

Photo: Tom Proulx (USA Gymnastics)

Photo: Tom Proulx (USA Gymnastics)

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KATIE

TEFT



How did you get started in gymnastics? My older sister did gymnastics, and I went into the gym to watch her. I was three years old when I started.

What was it like competing in your first team national event? I was kind of nervous, but it was fun. It was neat competing with Dominique Dawes and Amanda Borden, they're really nice.

Did you expect to place as high as you did? No, but I was hoping. I was happy with where I placed. My goal was to place in the top five.

I heard you make quite a trip to the gym each day. Tell us about it. I leave an hour to the gym each day—six days a week. We train four-and-a-half hours on Monday through Friday and six-and-a-half hours on Saturday. My mom takes me. We also carpool with another gymnast. I usually do my homework, listen to music or play games on the way.

What are your goals for Championships this year? To place higher than last year at Championships, which was fourth. I'd like to win the junior division.

Good job, Katie!



Hobbies: Shopping, fishing, playing with video games.

Family: Mom, Dad and an older brother and sister.

Pets: Dog named Answer.

Favorite Food: Strawberry.

Favorite T.V. show: Full House.

Fun fact about you: I laugh a lot and like to tell jokes.

Lucky charms: I have a four-leaf clover and a guardian angel. I have them on my gym bag and take them to practice and events. They help.

Favorite athletes: Shannon Miller, Dominique Dawes, Amanda Borden, Svetlana Bogueskova, Hernandez Gudi.

Illustration and Illustration: Grand Rapids, Mich. © Bruce Springer for 2, 1998 © Age 12 © Oak Creek Valley Gymnastics Club © Coach: Robert Kalkreuth, Goldenfield, Okla. © School: Sweet Hill, Grand Middle © Year: 26 (Feb., '94) © Favorite Book: The House I Like to Sleep In © Favorite Song: Don't Stop Believin' © Favorite Food: Don't stop believin' on bars



RESULTS

Phoenix, Arizona - May 21-22

MEN

#	Name	Country	Bars	Vault	Beam	Floor	鞍馬	吊環	合計
1	Ben Beaudin	USA	9.750	9.750	9.750	9.750	9.750	9.750	94.500
2	Scott Brunsell	USA	9.750	9.750	9.750	9.750	9.750	9.750	94.500
3	Gregory Gray	USA	9.750	9.750	9.750	9.750	9.750	9.750	94.500
4	John Goodrich	USA	9.750	9.750	9.750	9.750	9.750	9.750	94.500
5	Jon Kim	USA	9.750	9.750	9.750	9.750	9.750	9.750	94.500
6	Mike Hayes	USA	9.750	9.750	9.750	9.750	9.750	9.750	94.500
7	Wayne Day	USA	9.750	9.750	9.750	9.750	9.750	9.750	94.500
8	Steve Kunkin	USA	9.750	9.750	9.750	9.750	9.750	9.750	94.500
9	Steve Gray	USA	9.750	9.750	9.750	9.750	9.750	9.750	94.500
10	Michael Kunkin	USA	9.750	9.750	9.750	9.750	9.750	9.750	94.500
11	Charles Gray	USA	9.750	9.750	9.750	9.750	9.750	9.750	94.500

WOMEN

#	Name	Country	Vault	Bars	Beam	鞍馬	合計
1	Shannon Brown	USA	9.750	9.750	9.750	9.750	94.500
2	Sharon Palmer	USA	9.750	9.750	9.750	9.750	94.500
3	Sharon Palmer	USA	9.750	9.750	9.750	9.750	94.500
4	Sharon Palmer	USA	9.750	9.750	9.750	9.750	94.500
5	Sharon Palmer	USA	9.750	9.750	9.750	9.750	94.500
6	Sharon Palmer	USA	9.750	9.750	9.750	9.750	94.500
7	Sharon Palmer	USA	9.750	9.750	9.750	9.750	94.500
8	Sharon Palmer	USA	9.750	9.750	9.750	9.750	94.500
9	Sharon Palmer	USA	9.750	9.750	9.750	9.750	94.500
10	Sharon Palmer	USA	9.750	9.750	9.750	9.750	94.500
11	Sharon Palmer	USA	9.750	9.750	9.750	9.750	94.500
12	Sharon Palmer	USA	9.750	9.750	9.750	9.750	94.500

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Many young gymnasts aspire to be a gymnastics commentator when they grow up. While at the 1994 Hilton Gymnastics Challenge in Phoenix, Ariz., **USA Gymnastics** caught up with 1984 Olympians **Bart Conner** and **Kathy Johnson** to ask them about their broadcast careers. Here's what they had to say!

How did you get into commenting?

Bart: I majored in journalism at the University of Oklahoma. The first time I tried commenting was at the 1977 National High School All-American Invitational in Chicago. In 1980, the day before the USA National Championships, I got food poisoning and couldn't compete. NBC asked me to sit in the booth and cover the site. After that, they started calling me to commentate events in which I wasn't competing. I was a freshman from 1980-1982 and at the 1988 Olympics I worked for NBC. Shortly after the 1988 Olympics, ABC asked me to work for them exclusively.

Kathy: My first opportunity to commentate was in 1982 at a local meet in Atlanta. In 1983 CBS asked me to commentate the NCAA Championships. Before they hired me, they asked me to drive to Los Angeles, where they were shooting a basketball game.



Above: Bart Conner

After the game, they asked me to sit in front of the camera and answer a few questions. I figured they would ask me questions about gymnastics, so that's what I was going to be commenting. Instead, they started asking me questions about the basketball game. Fortunately, I had caught the last couple minutes of the game, and answered those questions. I graduated from 1984-1991, when I signed a contract with ABC.

How would you describe a good commentator?

Kathy: One who doesn't just describe what the audience is seeing, but who tells them the significance of what they're seeing. Also, one who is not afraid to repeat at the appropriate time.

Bart: The television pictures tell you lots of things, so an announcer's job is to supplement what you're seeing. When they take a step on the landing everyone can see that they took a step, a commentator should tell them only.

What frustrations do you have with the position?

Kathy: We're asked not to get too technical. The gymnastics community is only a small part of our audience. I would like to get more in depth with my commentary, but the average person watching the show won't be interested.

Left: Kathy Johnson and Bart Conner

Bart: Men's gymnastics is getting totally overshadowed by women's gymnastics—48 minutes on women and 12 on men. I don't have anything to do with these decisions. Women's gymnastics gets better coverage, has better attendance and has given us many stars. Right now we're lacking a male star.

What are some typical dates you perform while at a competition such as the Hilton Challenge?

Kathy and Bart: First we have to do interviews with the athletes and coaches. We may also do a special piece such as a shopping trip or a technical explanation about gymnastics. During the event we call everything live. After the event we go to New York and do post-event talk over a



satellite as you watch it on the monitor. What people remember are the personal things about the date. Therefore, we try to bring the kids' personalities into the broadcast. For example, we told the audience that 'Winky Scherbo is a kid who probably spent a lot of time in the principal's office, but got A's in school.'

What advice can you give someone wanting a career in commenting?

Kathy: Get a lot of public speaking experience, especially talking without having anything prepared, because that's what you're expected to do when commenting. Also, get a real understanding of the workings and politics of the sport, both national and international. Try to be honest and open.

Bart: Every time you're interviewed as an athlete it's a good opportunity to practice commenting. Preparation is the most important thing. An athlete going into a competition needs to be prepared for questions that they may be asked while at the event.

What are your most memorable and least favorable moments as a commentator?

Kathy: I love commenting for World Championships competitions. My least favorable moments are when the athletes and coaches feel I'm too critical of them. I love the athletes and the sport and I understand they're going through it. It's hard when they fall or make a mistake and I have to tell about it.

Bart: I love the excitement of commenting live. It's interesting knowing the words you're saying are going out live. I don't really have a least favorable moment. I like everything about commenting, especially the opportunity to stay close to the sport!

22ND HUNGARIAN INTERNATIONAL GYMNASTICS COMPETITION BUDAPEST, HUNGARY



MORE EVENT RESULTS ON PAGE 34!

WORLD

1. Andrea Bickel	ROU	9.887
2. Marieta Anca	ROU	9.812
3. Alina Hryb	ROU	9.750

WAG

1. Maria Popescu	ROU	9.710
2. Andrea Bickel	ROU	9.645
3. Monica Kahl	USA	9.295

BEAM

1. Andrea Bickel	ROU	9.525
2. Gabriela Kuzmina	CZE	9.460
3. Mikaela Baker	ROU	9.425
4. Kelley Smith	USA	9.275
5. Monica Kahl	USA	9.175

FLOOR

1. Svetlana Kuznetsov	ROU	9.550
2. Mikaela Baker	ROU	9.450
3. Anna Mavrogianni	GRE	9.450
4. Kelley Smith	USA	9.400



The event was an all-around and final competition only. Twelve-year-old Medal, a prize competitor and the youngest athlete in the meet by two years, earned the bronze medal on bars in her first international competition. Davis took fourth on floor and fifth on beam. Medal also finished eighth on beam.

Left: Kelley Smith, placed at 1990 U.S. National Championships

Right: Mikaela Baker

The USA delegation to the 22nd Hungarian International Gymnastics Competition included gymnasts Kelley Davis and Monica Medal from Twisters Gymnastics in Pompano Beach, Fla., coach Tim Randall and judge Elaine Thompson.



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Faces in the gym



SCOTT & ROSS NEWMAN
VICTORIA, BRITAIN

Scott, 16, and Ross, 1, recently completed a successful Class VI season competing in European Championships, including last month at the Westminster Junior Championships in Great Britain. Scott placed first in uneven bars and second in vault. Ross placed first in uneven bars and second in vault. They will be competing in the 1994 World Championships in London, England.



ANDY BRASE
WEST BROMWICH, ENGLAND

Andy, 16, completed a stellar high school season at West Bromwich, England, placed first in the uneven bars and vault at several in Class II at the European Championships. Andy received the distinction of Internationalist in 1993 and will be a medal in 1994. Andy is coached by Les Woodhead and Robynson (Coach/Trainer) at West Bromwich.

ADRIANNE PERRY
COLUMBIA, MISSOURI

Adrienne, 1, won the Junior Individual All-around title at the 1993 U.S. National Championships. She was first place at several in the State Championships in Kansas City with a 35.95.



Would you like to be included in the Faces in the Gym Section?
Send a recent photo and a paragraph of information to: USA
Gymnastics, Faces in the Gym, Pan American Plaza, 201 S.
Capital Ave., Suite 303, Indianapolis, IN 46225.

DUSTIN GREENHILL

FLUM FLUM, FLORIDA

Dustin, 12, is a Level 4 Optional gymnast at Tumwater Gymnastics. He has been coached by his sister, Heather, a Level 4 gymnast who trains at American Frontiers and happens to be a friend of his. Dustin is a member of the 1994 Southeastern Regional Olympic relay team. He is a member of the 1994 Southeastern Regional Olympic relay team. He is a member of the 1994 Southeastern Regional Olympic relay team. He is a member of the 1994 Southeastern Regional Olympic relay team.



ASHLEY HENNESSEY

CLARK COUNTY, MISSOURI

Ashley, 10, is a member of the Clark County Gymnastics Club. She is a member of the Clark County Gymnastics Club. She is a member of the Clark County Gymnastics Club. She is a member of the Clark County Gymnastics Club.

MELANIE SAWYER

LAKE, OHIO

Melanie, 11, is a member of Level 4 at the Lake County Gymnastics Club. She is a member of the Lake County Gymnastics Club. She is a member of the Lake County Gymnastics Club. She is a member of the Lake County Gymnastics Club.

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USA GYMNASTICS NATIONAL INVITATIONAL TOURNAMENT

SOUTHEAST MISSOURI STATE
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CAPE GIRARDEAU, MISSOURI
APRIL 16

Team	
1 University of Oklahoma	111.175
2 Texas State University	111.475
3 Southern State University	111.075
4 Georgia Washington State	110.950
5 Southeast Missouri State Univ	110.775
6 Northern Illinois Univ	110.475
7 Northwestern University	110.325

All-around

1 Julie Rogers	39.855	Texas State
2 Melissa G. Wolf	39.650	Univ. of Oklahoma
3 Teresa Holcomb	39.600	Univ. of Oklahoma
4 Nicole Franco	39.225	Georgia Washington State
5 Karen Smith	39.145	Texas State Univ
6 Chelle Smith	39.115	Univ. of Oklahoma
7 Karen Pasi	39.100	SGRO
8 Tiffany Holcomb	37.400	Northern Illinois Univ
9 Sandra Aviles	37.400	Northeastern Univ
10 Kim Grier Powell	37.375	SGRO
11 Joyce Clark	37.375	Northern Illinois Univ
12 Kim Ferguson	37.375	SGRO
13 Wendy Choleman	37.170	Texas State Univ
14 Gayle Cox	37.040	Northern Illinois Univ
15 Jill Lewis	37.000	Northern Illinois Univ
16 Julie Bailey	37.000	Northeastern Univ



Left: Rogers 1-4 Team Champions Ages 15-16

Right: Rogers 1-4 Champions Ages 17 and up

Note: The top seven athletes in each age division make up the Junior Olympic National Team



WOMEN'S JUNIOR OLYMPIC NATIONALS

1994 JUNIOR OLYMPIC LEVEL 10 NATIONALS
SENIOR DIVISION
MAY 13-15, 1994 • SEATTLE, WASHINGTON

All-Around Ages 15-16

1 Gwen Spiller	Great Amer. Gym	39.825
2 Nicole Bartlett	Northeastern Univ	39.675
3 Leah Williamson	Gymnast (CA)	39.575
4 Sandra Horvath	Belknap (RI)	39.550
5 Betty Collins	Mass (NY)	39.520
6 Beth Lipovsky	Gym World (AZ)	39.480
7 Sarah Wiering	Gym World of Power (RI)	39.480
8 Candace Mott	Belknap (RI)	39.480
9 Betty By	Frederic National (CA)	39.480
10 Leanne Green	Chic Gym (IL)	39.330

Team Champions

1 Rogers 4-4	186.450
2 Rogers 2-4	186.250
3 Rogers 1-4	185.675

Vault

1 Bethan Poytelle	Belknap (RI)	9.325
2 Leah Williamson	Gymnast (CA)	9.145
3 Susan Phelps	MAAC (MA)	9.100

Bars

1 Rebecca Jennings	Polis (MA)	9.325
2 Crystal Phelps	Mass (RI)	9.150
3 Gwen Spiller	Great Amer. Gym (MA)	9.100

Beams

1 Beth Lipovsky	Gym World (AZ)	9.325
2 Gwen Spiller	Great Amer. Gym (MA)	9.100
3 Crystal Young	Gymnast (CA)	9.100

Floor

1 Gwen Spiller	Great Amer. Gym (MA)	9.100
2 Leah Williamson	Gymnast (CA)	9.125
3 Candace Mott	Belknap (RI)	9.100

All-Around Ages 17 and up

1 Heather Roberts	American Twisters (TX)	39.950
2 Michelle Williams	Acro (RI)	39.825
3 Jessica Stone	Wyo (WY)	39.825
4 Tracy Johnson	Indy School of Gym (IN)	39.650
5 Angela Gossell	All American (TX)	39.525
6 Kelly Worthing	Acro In Gym Club (IL)	39.500
7 Rachel Smith	Capital (TX)	39.500
8 Stacy Mason	Capital (TX)	39.500
9 Joann Gosselin	Advanced Twisters (TX)	39.175
10 Michelle Williams	Twisters (TX)	39.075
11 Amy McCloud	Aerial Works (TX)	39.075

Team Champions

1 Rogers 3-4	183.875
2 Rogers 1-4	183.075
3 Rogers 2-4	182.720

Vault

1 Heather Roberts	American Twisters (TX)	9.300
2 Stacy Stone	Capital (TX)	9.280
3 Tracy Johnson	Gymnast's (TX)	9.280

Bars

1 Kelly Worthing	Acro In Gym Club (IL)	9.100
2 Sarah Worthing	Acro In Gym Club (IL)	9.100
3 Angela Gossell	All American (TX)	9.025

Beams

1 Lisa Winkler	Meritwin (MA)	9.325
2 Ben Brown	Gym America (MA)	9.250
3 Stacy Johnson	Indy School of Gym (IN)	9.075

Floor

1 Heather Roberts	American Twisters (TX)	9.100
2 Michelle Williams	Acro (RI)	9.100
3 Joann Gosselin	Wyo (WY)	9.075

Seated from left to right:



1994 JUNIOR OLYMPIC LEVEL 10 NATIONALS

JUNIOR DIVISION • MAY 6-8, 1994 • ALLENTOWN, PENNSYLVANIA

Only the top seven athletes in each age division make up the Junior Olympic National Team

All-Around Ages 9-12

1. Nicholas Brindley	Dynasties (SD)	37.000
2. Katie Taylor	Barwood (MD)	37.015
3. Jacob de Pregeyde	Islanders (FL)	37.025
4. Gari Zverevskis	Open II (NY)	37.060
5. Mikala Kowalsky	Cypress (TX)	37.080
6. Neerav Gadhagay	Open (CA)	37.125
7. Lindsay Wobbel	Capital (VA)	37.175
8. Ashley Lamb	Capital City (MO)	37.015
9. Kasey Bares	Cypress (TX)	37.030
9. Lindsay Wang	Apex/Great World (AZ)	37.060

Team Champions Ages 9-12

1. Region 5-A	145.000
2. Region 2-A	143.500
3. Region 7-A	143.000

Youth

1. Katie Taylor	Barwood (MD)	9.470
2. Lindsay Brindley	World's End (NY)	9.305
3. Sherron McClung	Dynasties (SD)	9.210

Boys

1. Katie Taylor	Barwood (MD)	9.750
2. Nicholas Brindley	Dynasties (SD)	9.710
3. James Ross	Brown's Central (TX)	9.475

Boys

1. James Ross	Cypress (TX)	9.600
2. Josephine Gostomicki	Brown's East (NY)	9.410
3. Michael Gostomicki	Cypress (TX)	9.000
3. Jonathan Truitt	High Point (NC)	9.200
Floor		
1. Karl Beckers	Capital (TX)	9.600
2. Gari Zverevskis	Open II (NY)	9.571
3. William Gostomicki	American Arch (IL)	9.200

All-Around Ages 13-14

1. Alicia Rivara	NY's Angels (MD)	37.625
2. Vanessa Panto	Brown's (TN)	37.575
3. Maria Doyle	Africa's School of Open (SD)	37.550
4. Ashley Pedersen	Dynasties (SD)	37.475
5. Ashley Stewart	Cypress (TX)	37.405
6. Jane McIntosh	Great Lakes (MI)	37.350
7. Tracy Wang	Dynasties (SD)	37.400
8. Alison Stuenkel	National Gym Acad (CA)	37.400
9. Allison Sears	Gold Gym (MA)	37.400
10. Wendy Wheaton	NY's Angels (MD)	37.375

Team Champions Ages 13-14

1. Region 3-A	187.000
2. Region 5-A	186.200
3. Region 7-A	184.275

Youth

1. Cindy Gail	Open Cowboys (TX)	9.425
2. Jill Costa	Syrinx (CA)	9.410
3. Ashley Feldman	Dynasties (SD)	9.200

Boys

1. Bryan Brindley	NY's Angels (MD)	9.700
2. Tracy Wang	Dynasties (SD)	9.475
3. Wendy Wheaton	NY's Angels (MD)	9.400
3. Heather Henry	Great Lakes (MI)	9.400
3. Lisa Taylor	Atlanta School of Open (GA)	9.400

Boys

1. Alicia Rivara	NY's Angels (MD)	9.575
2. Lisa Taylor	Atlanta School of Open (GA)	9.575
3. Ashley Stewart	Cypress (TX)	9.475

Floor

1. Spencer Sears	Gold Gym (MA)	9.575
2. Alison Lewis	Guinness (GA)	9.475
3. Susan Day	Mountain Western (TX)	9.475

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USA GYMNASTICS

GYMNASTICS RESULTS



DESERT DEVILS GYMNASTS LARGEST CONTINGENT

Of the 150 gymnasts competing at the NCAA Championships, the Desert Devils gymnasts formed the largest contingent. Nine gymnasts, including Utah's Annee Thompson and Sandy Woolsey, and BYU's Juliet Hangerter, trained under Stacey Baker at the gym in Scottsdale, Ariz.

DIVISION I WOMEN'S NCAA CHAMPIONSHIPS RESULTS

SALT LAKE CITY, UTAH

Team

1. University of Utah	194-480
2. University of Alabama	194-230
3. University of Georgia	193-850
4. University of Michigan	193-130
5. UCLA	194-875
6. University of Florida	194-850
7. Oregon State University	193-625
8. Louisiana State University	193-525
9. Brigham Young University	193-525
10. Arizona State University	193-525
11. University of Washington	193-525
12. University of New Hampshire	188-450

All-Around

1. Jenny Pinner	39,450	State of Kentucky
2. Lijian Dingling	39,400	State of Georgia
3. Meredith Willard	39,350	State of Alabama
4. Anne Thompson	39,350	State of Utah
5. Kristian Stearns	39,325	NCAA
6. Christy Jenkins	39,150	State of Alabama
7. Leah Brown	39,125	State of Georgia
8. Lori Strong	39,075	State of Georgia

Vault

1. Jenny Pinner	9,925	State of Kentucky
2. Suzanne Ayto	9,800	State of Utah
3. Lijian Dingling	9,785	State of Georgia
4. Kristian Stearns	9,785	State of Utah

Bars

1. Kelly Wymer	9,850	State of Michigan
2. Sandy Woolsey	9,850	State of Utah
3. Lori Strong	9,850	State of Georgia

Beam

1. Jenny Pinner	9,875	State of Kentucky
2. Kelly Wymer	9,850	State of Michigan
3. Kristian Stearns	9,825	State of Utah

Floor

1. Joyce Evelyn Shockey	10,000	State of Georgia
2. Kim Kelly	9,875	State of Alabama
3. Tina Williams	9,850	Arizona State Univ.

UTAH SETS NCAA ATTENDANCE RECORDS

4/22/94 Session I	5,318
4/23/94 Session II	5,710
4/27/94 Super Day	11,540 (Single Session Attendance Record)
4/21/94 Great Falls R. 200	23,687
1994	NCAA Women's Gymnastics Attendance Record

WOMEN'S USA GYMNASTICS COLLEGIATE NATIONAL CHAMPIONSHIPS

TEXAS WOMEN'S UNIVERSITY, BENTON, TEXAS

Team

1. Texas Women's University	189-850
2. Centenary College	188-750
3. Col State Sacramento	184-500
4. Seattle Pacific University	184-425
5. University of Cal Davis	184-400
6. University of Maryland	184-350
7. W. S. Air Force Academy	181-825
8. University of Oklahoma	181-550

All-Around

1. Becky Faulkner	38,650	Texas Women's
2. Lisa Schaeffer	38,650	Col State Sacramento
3. Margaret Clark	37,725	Bridgeport
4. Stephanie Magalhães	37,650	Texas Woman's
5. Laura Sammons	37,500	Texas Woman's
6. Kerry Robinson	37,475	Alaska Anchorage
7. Nicole Johnson	37,475	State of Maryland
8. Jan Spence	37,450	Air Force Academy

DIVISION I MEN'S NCAA CHAMPIONSHIPS RESULTS

LINCOLN, NEBRASKA

Team

1. Nebraska	280.250
2. Stanford	280.000
3. Ohio State	280.000
4. Oklahoma	280.000
5. Iowa	280.000
6. Penn State	274.375

All-Around

1. Dennis Harrison	58.280	Nebraska
2. Jack Stein	57.600	Stanford
3. Rip Jensen	57.415	Ohio State
4. Richard Kneis	57.400	Nebraska
5. Cameron Dooling	57.300	Nebraska
6. Mark Bogals	57.075	Stanford
7. Jing Wei Wang	56.925	Stanford
8. Tim Henders	56.750	Oklahoma
9. Steve McCall	56.700	UCLA
10. Jay Harrison	56.600	Iowa
11. Walter Wilson	56.500	Ohio State
12. Jeremy Allen	56.400	Oklahoma
13. Jason Christie	56.300	Nebraska
14. Clark Day	55.850	Stanford
15. Dave Daniels	55.875	Ohio State
16. Gary Clark	55.750	Iowa
17. Steve Woodford	55.750	Army
18. Aaron Carter	55.580	Iowa
19. Bobby Almon	55.350	Temple
20. Gerald Mayers	55.350	Illinois
21. Craig Brown	55.000	Oklahoma
22. Jim Hood	54.550	UCLA
23. Mike Polio	52.850	New Mexico



Floor

1. Mark Booth	9.900	Stanford
2. Mike Wilson	9.800	Ohio State
3. Dennis Harrison	9.800	Nebraska
4. Jay Thomson	9.800	Iowa
5. Greg Humphrey	9.800	UCLA

Parallel Bars

1. Jason Horton	9.550	California
2. Jack Stein	9.400	Stanford
3. Mark Booth	9.400	Stanford

Still Rings

1. Chris LaMonte	9.600	New Mexico
2. Gary Clark	9.575	Iowa
3. Rob Springer	9.400	Iowa

Vault

1. Jerry Nelson	9.675	UCLA
2. Dennis Harrison	9.600	Nebraska
3. Doug Henry	9.600	UCLA

Parallel Bars

1. Richard Gross	9.575	Nebraska
2. Robert Powell	9.400	Nebraska
3. Steve McCall	9.400	UCLA

High Bar

1. Jim Hood	9.450	UCLA
2. Dennis Harrison	9.250	Nebraska
3. Gary Clark	9.200	Iowa

Team

1. Southern California	149.600
2. UNLV-Las Vegas	149.775
3. Illinois	139.875
4. UN-Las Vegas	139.725
5. SUNY Cortland	139.175
6. Northline	137.450
7. Rhode Island	136.500
8. UConn	132.325

MEN'S USA GYMNASTICS COLLEGIATE NATIONAL CHAMPIONSHIPS

TEXAS WOMEN'S UNIVERSITY,
DENTON, TEXAS

Team-Collegiate Division

1. William & Mary	271.000
2. Air Force	271.000
3. Springfield	263.400
4. Southern Connecticut	254.950
5. Vermont	254.950
6. NJIT	281.650

Team-College Division

1. Arizona State	273.100
2. Washington	258.700
3. Whitman-Wash State	245.350
4. Miami State	214.600

All-Around

1. Mike Cline	58.350	Air Force
2. Robert Griffin	55.000	Iowa
3. Tim Tocco	54.850	William & Mary
4. Mark Johnson	54.450	Arizona State
5. Dennis Harrison	54.350	Springfield
6. Matty Larson	54.200	Arizona State
7. Mark Oliver	54.050	Washington
8. Scott McCall	53.800	William & Mary
9. Kyle Johnson	53.450	Arizona State
10. Joel Hall	53.400	Springfield
11. Jason McArthur	53.350	Southern Connecticut
12. Steve Hall	53.300	Air Force
13. Ray's Haskins	52.550	Washington
14. Rick Woodford	52.300	William & Mary
15. Steve Brady	52.200	Arizona
16. John Lutz	51.800	Southern Connecticut

All-Around

1. Wesley Bertold	56.600	Illinois
2. Mark Brady	56.375	River Falls
3. Neil Livingston	56.350	Air Force
4. Shannon Nelson	55.875	Colorado
5. Scott Paul	55.325	Marquette Island
6. Vicky Finn	55.300	Carleton
7. Gordon Williamson	54.600	Nebraska
8. Kristy Glavin	54.325	Nebraska
9. Henry Looney	54.325	River Falls
10. Brian Rockledge	54.100	Nebraska
11. Greg Rogers	54.050	Carleton
12. Steve Johnson	53.700	Nebraska

DIVISION III WOMEN'S NCAA CHAMPIONSHIPS RESULTS



Left (front): Senior National Team—Gallen Olwey, Jenise Taylor, Heather Hall, Jessica Vander Pylle, Maelynn Jones, Kelly West, Christa Long, Vanessa Patterson, Abbie Allen, and Tamara Levison.

Right: Caroline Hunt



Levinson and Lacuesta *Top Leap* to the *at Rhythmic National Championships*

by **Rosemarie Robinson**

Tamara Levinson proved once again that she is the top rhythmic gymnast in the United States as she took gold medals in the all-around and all four event finals at the 1994 Rhythmic National Championships, May 5-7, in Nassau County, N.Y. Levinson from Silver Spring, Md., was followed in the all-around by Caroline Hunt from Winnetka, Ill., and Jessica Davis from San Anselmo, Calif.

In the junior division, Natalie Lacuesta from Skokie, Ill., dominated the competition, placing first all-around and in the rope, ball and ribbon finals. Lauri Hly from Virginia Beach, Va., joined the Junior National Team for the first time, placing second in the all-around while Lori Fredrickson from Sandusky, Ill., took third.

First-time members of the Junior National Team are Laurel Higs from Los Angeles, Calif., and Johanna Shoemaker from Rockville, Md.



Above: Tamara Levinson

Right (l to r): Junior National Team—Natalie Lacuesta, Lori Fredrickson, Laurel Higs, Kara Gahan, Lauri Hly, Kelly Kampen, Abbie Allen, Tina Sharp, and Jennifer Lee.



Several awards were presented at the 1994 Rhythmic National Championships Banquet. Vanessa Vander Pluym was named Sportsperson of the Year. This award honors the National Team member who, according to her peers, exemplifies the spirit of USA Gymnastics.

Lana Lashoff of Rhythmic Gems and Catherine Yashimovich of Rhythmix were awarded the honor of Co-Coaches of the Year.

Natalie Lacuesta

by Roseanne Robinson

CREATIVE IN GYMNASTICS AND IN LIFE

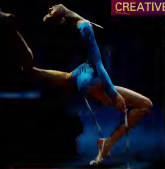


Photo by David J. Phillip

NAME: Natalie Lacuesta
AGE: 16
DATE OF BIRTH: November 15, 1981
PLACE OF BIRTH: Little Lashoff, Gaines Grib
EDUCATION: Academy of the Sacred Heart
TEACHING SCHOOL: BH (Fall, '94)
TEACHING EXPERIENCE: 2 (1992-94, 1994-95)
TEACHING SUBJECTS: Rhythmic Gymnastics, 1993

1994 Junior National Champion Natalie Lacuesta's graceful rhythmic exercises reflect her personality. She was drawn to rhythmic gymnastics because it is so graceful and it allows her to use the skills she has learned in ballet.

Lacuesta started ballet at age three and later followed her only sister's footsteps in figure skating. After two years in figure skating, however, Lacuesta switched to rhythmic gymnastics in 1990 and has quickly risen to the top of the junior ranks.

With no plans of stopping here, Lacuesta's goals include making well internationally and competing in the World Championships during the first year she makes the Senior National Team. The 1996

Olympics are a long-term goal for Lacuesta who has competed in only one international competition—the 1994 International Rhythmic Tournament of Portimao in Portugal. She placed fourth all-around in the event and really enjoyed Portugal, especially the beach.

Several good luck charms accompany Lacuesta to competitions including a jade stone, her holy necklace, a small Buddha and a guardian angel pin. Most of these items were given to her by her family. Prior to a competition, Lacuesta usually eats Philippine food such as adobo—chicken in a special sauce.

When she finds some free time, Lacuesta enjoys writing poetry and drawing sketches and cartoons.

FAVORITE

Food: Any type of pasta

Color: Purple

Apparel: Hood

Music: Pop rock

TV Show: Verano (Spanish)

Music: Miss Saigon

COMPETITION RESULTS

- 1994 Rhythmic National Championships, Nassau County, N.Y. 1st AA, rope, ball & ribbon; 2nd clubs (junior division)
- 1994 International RSG Tournament of Portimao, Portimao, Portugal, 4th all-around; 5 clubs; 2nd ball; 5th ribbon
- 1994 Rhythmic Challenge, Colorado Springs, Colo. 1st AA (junior division)
- 1994 U.S. Olympic Festival, San Antonio, Texas 13th AA
- 1994 Coca-Cola Rhythmic National Championships, Colorado Springs, Colo. 6th AA, 8th ribbon

RESULTS

October

All-around

1. Natalie Lacuesta	Oliver Springs, Md.	Rhythmic	74.000
2. Jennifer Hunt	Waukegan, Ill.	Oliver Springs	73.000
3. Jessica Smith	New Canaan, Conn.	Symphony	72.125
4. Heather Davis	Bozeman, Mont.	Bozeman State	71.625
5. Sarah Jones	Madison, Wis.	L.A. Lights	70.375
6. Wendy Jones	Indianapolis, Ind.	Indianapolis	70.000
7. Kelly West	Indianapolis, Ind.	Indianapolis	69.250
8. Alex Allen	Madison, Wis.	Madison	68.250
9. Vanessa Smith-Payne	Madison, Wis.	Madison	67.750
10. Jennifer Hunt	Waukegan, Ill.	Oliver Springs	67.625

Group Events

1. Natalie Lacuesta	1.000	1. Jennifer Hunt	1.000
2. Jennifer Hunt	1.000	2. Jessica Smith	0.875
3. Heather Davis	0.875	3. Vanessa Smith-Payne	0.875
4. Sarah Jones	0.875	4. Kelly West	0.875
5. Wendy Jones	0.875	5. Alex Allen	0.875
6. Vanessa Smith-Payne	0.875	6. Kelly West	0.875

Ball Events

1. Natalie Lacuesta	1.000	1. Jennifer Hunt	0.875
2. Jennifer Hunt	0.875	2. Jessica Smith	0.875
3. Sarah Jones	0.875	3. Vanessa Smith-Payne	0.875
4. Heather Davis	0.875	4. Kelly West	0.875
5. Wendy Jones	0.875	5. Alex Allen	0.875
6. Vanessa Smith-Payne	0.875	6. Kelly West	0.875

January

All-around

1. Natalie Lacuesta	84.00	1. Jennifer Hunt	79.000
2. Jennifer Hunt	83.00	2. Jessica Smith	78.000
3. Heather Davis	82.00	3. Vanessa Smith-Payne	77.000
4. Sarah Jones	81.00	4. Kelly West	76.000
5. Wendy Jones	80.00	5. Alex Allen	75.000
6. Vanessa Smith-Payne	79.00	6. Kelly West	74.000
7. Kelly West	78.00	7. Alex Allen	73.000
8. Jennifer Hunt	77.00	8. Vanessa Smith-Payne	72.000
9. Sarah Jones	71.00	9. Kelly West	71.000
10. Heather Davis	70.00	10. Jennifer Hunt	69.000

Group Events

1. Natalie Lacuesta	1.000	1. Jennifer Hunt	0.875
2. Jennifer Hunt	0.875	2. Jessica Smith	0.875
3. Heather Davis	0.875	3. Vanessa Smith-Payne	0.875
4. Sarah Jones	0.875	4. Kelly West	0.875
5. Wendy Jones	0.875	5. Alex Allen	0.875
6. Vanessa Smith-Payne	0.875	6. Kelly West	0.875

Ball Events

1. Natalie Lacuesta	1.000	1. Jennifer Hunt	0.875
2. Jennifer Hunt	0.875	2. Jessica Smith	0.875
3. Heather Davis	0.875	3. Vanessa Smith-Payne	0.875
4. Sarah Jones	0.875	4. Kelly West	0.875
5. Wendy Jones	0.875	5. Alex Allen	0.875
6. Vanessa Smith-Payne	0.875	6. Kelly West	0.875

by Roseanne Robinson

Lauri Illy is no stranger to rhythmic gymnastics! She's been involved for eight years. This is, however, her first time on the Junior National Team, something she's had her sights set on for quite some time.

In fact, when asked about her goal for the 1994 Rhythmic National Championships, Illy replied, "I want to make the National Team." Not only did she make the team, she placed second all-around and within the top three on all four event finals! She took second place in ball and clubs and placed third in rope and ribbon.

Born in Virginia Beach, Va., Illy now lives with her mother in Emerson, Ill., in order to train at Rhythmic Gym with coaches Laura Lombard and Colleen Grib. She practices about 20 hours per week, and before every competition she eats a banana. Illy revealed, "It's not a good luck ritual or anything. I just always happen to eat a banana before a competition." She does, however, have a stuffed animal for good luck. It is a pink bunny given to her by rhythmic gymnast Lori Berthier.

Illy is the youngest of eight children, three boys and five girls. The oldest girl is 25, and Laura is 14. She feels being the youngest "really fun and frustrating." Frustrating isn't easy to be. Illy has her own Heloise to thank for getting her into the gym. Illy's mother got her involved in aerobics classes, but as Illy explained, "I was always drawn to rhythmic. I would wander around the gym and try all the rhythmic apparatuses. I grew up with eight children, Illy's mother has attended all of her competitions except three.

Illy is excited about competing at the 1994 U.S. Olympic Festival in St. Louis, Mo., July 1-14. When asked about her long-term goals, she replied, "I want to be the best that I can be. If I'm good enough I want to make it to the Olympics."

COMPETITION RESULTS

1994—Rhythmic National Championships, Nassau County, N.Y., 2nd-AAA, ball & clubs, and rope & ribbon (junior division)

1994—Rhythmic Challenge, Colorado Springs, Colo., 4th AA (junior division)



Whereborn:	Virginia Beach, Va.
Residence:	Emerson, Ill.
Birth Date:	August 23, 1981
Club:	Rhythmic Gems
Coaches:	Laura Lombard Colleen Grib
School:	Fullman Elementary
Year In School:	Ninth Grade, 9-10
Years on Junior National Team:	1 (1994-95)
Major Rhythmic Championships:	1994

Lauri Illy: Why Start At The Bottom?
NUMBER TWO, FIRST TIME ON NATIONAL TEAM

One of a kind

Paul O'Neill

is definitely one of a kind. He's a World Champion

hips medaled on rings, an internationally rated judge, a coach, a teacher, a husband, and father of three children.

O'Neill was an all-around gymnast for most of his life but focused his training on rings over the last few years—luckily for the USA, since he won the silver medal on rings at the 1994 World Championships.

"Winning a medal was the greatest experience of my gymnastics career," said O'Neill.

When asked about being a specialist on rings, he said, "It's fun. I practice one hour a day three days a week on rings. It keeps me involved. I usually work out on my back bar."

O'Neill graduated from the University of Mexico in 1989 with a degree in physical education. He also attended Houston Baptist University while a collegiate gymnast. O'Neill won the 1987, 1988 and 1989 NCAA Champion on rings.

From 1990 to 1993, O'Neill trained at the U.S. Olympic Training Center with Ben Bond. O'Neill, originally from Denver, moved his family to Manassas, R.D., in September 1993 due to a coaching opportunity.

"I teach at a recreation center, Dakota Star, and coach gymnastics and health for kids," said O'Neill.

"I still think of Ben as my coach. I call him and ask advice and send videos of my routines. Jim Hall from Washington helps me a

lot, too. I've also discussed my routine with judges and asked them what would be the strongest controlled routine."

O'Neill admits that it gets lonely training by himself and acting as his own coach.

O'Neill turned 29 on May 8. He was the oldest member of the USA team at the World Championships. When asked about his age, O'Neill said, "I think my age has helped me. I seemed to not be as pressured as the younger guys. Everybody reacts to competition differently. It's easy for me to focus on what I have to do. Physically, I keep getting stronger as I get older."

"I hope people will open their eyes to the fact that you can stay around longer in the sport. You can always make it happen if you want it, regardless of age."

O'Neill says that he and partner Brianne Simons are really happy. He

Paul and his wife, Kristi, have three children—Genoa is six, Demi who's three and Christian is two.

continued, "how many people get the opportunity to compete in the World Championships? It's a great opportunity for us."

As for as the next competition, O'Neill said, "I like to compete—it's such a rush. I'm working on some new strength stuff that I'd like to compete before I retire. Hopefully I'll be invited to compete in the Reeser's World Gymnastics Cup in January."

When asked about his goals, O'Neill said that he hopes to get the opportunity to prove himself again at a major international competition.

"I graduated in 1993 and second in 1994. It would be nice to prove and win the gold."

Paul is the first American gymnast to medal at a World Championships in 15 years. The last individual medals were won by Bart Conner and Karl Thomas at the 1979 World Championships.



International Competition

1991 World Gymnastics Championships, Brisbane, Australia, 3rd-32

1993 Korea Cup Open, Korea, Slovakia, 1st-52

1993 World Gymnastics Championships, Paris, France, 4th-51

Reebok

Coaching Corner

SHOULDER STRENGTH MADE FUN AND EASY

By Evelyn Dandridge

Men's Team Coach at Calumet's Athletic Training Center

Shoulder strength is important but most of the traditional exercises require a coach to assist the gymmat or a special piece of equipment at the gym. Here are a few conditioning exercises that don't require assistance and can rapidly develop good shoulder strength.



FUN TO FALL

If you need a little piece of foam for a cushion, position yourself in a push-up position with the elbows underneath your chest and in front of you. Tuck your hands out slightly, straighten your arms, point your toes and squeeze your heels together. Now with your back out and round and your chin as your chest, slowly lean forward. The goal is to see how far you can lean maintaining good body position, perhaps even stop, before you fall. It's okay to fall, just make sure you keep your back rounded.

Repeat 8-10 times for two sets.

WALL WALK

Start in a footlock on a wall with your heels and this touching the wall. As you walk your heels away from the wall, walk your feet down the wall. Keep your head neutral and your back rounded. Keep walking until you are about to fall on the ground then walk backwards, touch your chest to the wall and repeat. It's important to keep your torso straight throughout the exercise and your back rounded. Play a game and see how far you can go.

Repeat 5-10 times for two sets.



TUCKING REALLY HELPS



It's a great introduction to holding a plank. Simply try to support yourself on your hands, holding your knees in back position. Slowly lean forward and balance yourself keeping your back rounded. If you can lift your feet off the ground and keep your knees by your elbows, you're doing it correctly. If the gait too easy try holding a back position and lock your feet back then return to the tuck position. Don't let your feet touch the ground. A good goal is to hold for 10 seconds and if you're asking, see how many times you can kick before you fall.

Coach/ies: Please submit your Reebok conditioning ideas to the Coaching Corner, c/o USA Gymnastics magazine, P.O. American Plaza, 201 S. Capitol Ave., Suite 300, Indianapolis, IN 46225.

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